



Kingsport Senior Center News

December 2011

Volume XIX Edition 12

1200 East Center Street

Kingsport, Tennessee 37660

The Senior Center Needs You!

New Electronic Check-in System Coming Soon!!!!

Beginning January 1st the Senior Center will be changing from a hand written check - in system to an electronic check -in system. Starting December 1st we will need all of our members to come by the office to register, and to pick up your key card . The system is very user friendly. Volunteers will be on hand to show you how to use the system throughout the month of January. This new system will help streamline the paperwork required to satisfy our grant , and will help keep a more accurate record of attendance to the center and in all of our classes. The staff is very excited about this new system. There will be two places available to check - in, one will be placed where the present system is, and the other will be placed next to the exercise room. Please help us by picking up your key card in December and be ready to go on January 1st. Let me also take this time to wish everyone of you a Very Happy Holiday Season!!

Happy Holidays!

Shirley Buchanan

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior
Center is located at
1200 E. Center Street at the
Renaissance Center.
For more information call the
Center at (423) 392-8400
<http://seniors.kingsporttn.gov>**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

**Lynn View Senior Center Branch Site
Hours: 9am to 2pm ~ Monday ~ Friday
(See branch site page for more information)**

***The exercise room & computer lab will close
15 minutes prior to the closing of the Center.**

**Membership dues
For Fiscal year
July 1, 2011-June 30, 2012**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
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392-8403

Branch Coordinator
Cindy Price
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392-8404

Wellness Coordinator ~ Kevin Lytle
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392-8407

Program Leader
Marlana Williams
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Secretary ~ Marsha Mullins
marshamullins@kingsporttn.gov
392-8400 **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson
janewhitson@kinsporttn.gov
392-8406

Nutrition Site Manager ~ Sona Bingham
246-8060

**Advisory Council Meeting
Thursday, December 15, 2011
12:30
Room 228**

WELLNESS

WELLNESS SEMINAR

Lunch & Learn: This seminar will be presented by Dr. Robert Silmon, MD from Mountain States Medical Group: Internal Medicine, Family Practice, Pediatrics will be at the Senior Center on **Thursday, December 8, 2011** in Room 310 from 10:30 am to 11:30 am with lunch to follow provided by Indian Path Medical Center. Topic of discussion will be "Wellness in the Aging: Maintaining Your Health". You must reserve a seat to attend. Stop by the office and sign up there is a limit of 50 seats available.

Beets

Deep-red root vegetables with an earthy, slightly sweet flavor, beets are equally delicious raw or cooked.

Why they're healthy: Beets contain vitamin C, potassium, and fiber. They also have nitrates, which may help lower your blood pressure, a British study found.

How to eat them: Try them roasted, sliced, and tossed with goat cheese, orange segments, and a drizzle of olive oil. Or shred them raw on a salad.

HIT THE GREENS

Here's another reason to load up on produce: ***A daily serving of leafy green vegetables may lower your risk of type 2 diabetes by 14 percent,*** notes a study review in the British Medical Journal. Polyphenols in vegetables like cabbage and spinach may help ward off the oxidative stress that can lead to diabetes and other chronic diseases. For an easy side, steam them and drizzle with olive oil.

FLAVA FLOW

Your diet may help your bloodflow. A high intake of flavanols-compounds found in tea, wine, and cocoa-improved indications of blood-vessel dilation by as much as 47 percent in people with coronary heart disease, according to researchers in California and Germany. Flavanols may boost the circulation of angiogenic cells, a variety that repairs arteries.

SEEING IS LOSING

It's easy to devour a tub of popcorn in a dark theater. Likewise, ***paying attention to your food helps you control how much you eat.*** In a study from Germany, people who were served a supersized meal in total darkness consumed 36 percent more food than those given regular portions. But when study participants dined at well-lit tables, that difference dropped to 20 percent. In the dark we receive less information about how much we're eating, says study author Benjamin Scheibehenne, Ph.D. So look at your food, not the TV.

TOURNAMENTS

Pickleball Tournament: We invite all pickleball players to show off your skills on **Wednesday, December 21, 2011** at 10:00 am at Lynn View Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign up in the Office.

Table Tennis Tournament: We will host a table tennis tournament on **Wednesday, January 18, 2012** at 1:00 pm in the Gym. Cost is \$2.00 per person due day of tournament. We will need 12 to sign up for tournament to be played. This tournament will be doubles play, best of three games with double elimination. Prizes for 1st, 2nd, and 3rd place only. Sign ups start December 23, 2011.

Shuffleboard Tournament: We invite all shuffleboard players to show off your skills on **Friday, January 27, 2012** at 1:00 pm. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign ups start December 30, 2011.

Corn Hole Tournament: Come join us for a hole tournament on **Friday, February 17, 2012** at 1:00 pm in the gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 sign up for tournament to be played. Sign-ups begin December 30. 2011.



Billiards Tournament Winners: Left to Right 1st place: Jack McDavid, 2nd place: Antonio Saucedo, & 3rd place: David Reed

Daily Activities and Classes at the Center

Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Quilting ~ 9:00 ~ Room 303
Open Woodshop ~ 9:00
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45 ~ Travel
Tai-chi (Beginning) ~ 9:45 ~ First Broad St. UMC
Clay, Beginning Hand building ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Table Tennis ~ 1:00 ~ Gym
Knitting ~ 1:00 ~ Room 303
Volleyball ~ 4:00 ~ Gym

Tuesday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Dulcimer (Intermediate) ~ 9:00 ~ Atrium
Basic Woodworking (fee) ~ 9:00 ~ Woodshop
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
Strength Training ~ 9:30 ~ Gym
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Dulcimer (Beginning) ~ 11:00 ~ Atrium
Good Neighbors ~ 12:15 ~ Lounge
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria
Ballroom Video Class ~ 4:30pm ~ Room 302
Yoga Class & Laughter for Seniors, Tues. ~ 11am~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
Tai-chi (Beginning) ~ 9:45 ~ First Broad St. UMC
Clay, Intermediate & Advanced ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Table Tennis ~ 1:00 ~ Gym
Belly Dance ~ (Women Only) ~ 1:00 ~ Room 302

Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Basic Woodworking (fee) ~ Woodshop
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym

Thursday Continued ~

Beginning Belly Dance ~ 11:30 ~ Room 302 (Women Only)
Jam Session ~ 12:00 ~ Cafeteria
Good Neighbors ~ 12:15 ~ Lounge
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym
Ballroom Dance ~ 5:00 ~ Cafeteria

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
Massage Therapy ~ 9:45 ~ Multipurpose Room ~ (appointment only)
Beginning Spanish ~ 10:00 ~ Room 303
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Art Class ~ Painting ~ 2:00-4:00 ~ Room 303

Saturday ~

Basketball ~ 9:00 ~ Gym
French Class ~ 9:00am ~ Card Room
Harmonica ~ 9:00am ~ Lounge
Table Tennis ~ 10:30am ~ Gym



Joan Wilder and her daughter Tammy Absher getting their nails done for their upcoming cruise by Justice and McKenzie (DB Cosmetology)

TRAVEL AND SPECIAL EVENTS

Out To Lunch Bunch ~ The Partridge & Pear Restaurant ~ and Shopping at The Christmas Place ~ Pigeon Forge, TN ~ Friday, December 2, 2011 ~ depart at 9:30 am return by 4:30 pm ~ Cost: \$5.00 for transportation/lunch is on your own. Menu is availability at the Senior Center office. Sign-ups began Nov. 3rd.

Allandale Christmas Dance ~Allandale Mansion~ Tuesday, December 6, 2011~ Times: 6:30-9:30 pm~ Cost: \$10.00 per person~ Catered by Sugar and Spice~ Band is Retro Rock It ~*Limit 2 tickets per sign-up please*

Christmas Lunch ~Please join for us for Christmas Lunch Tuesday, December 20, 2011 ~ First Floor starting at 11:30 am ~Menu ~Ham, Potatoes, and Rolls provided by the the Senior Center ~Please Bring a Covered Dish Sign-up in the office by December 12th. Sign-ups began November 21, 2011

11 Day/10 Night Caribbean Vacation including a 9 day/8 Night Caribbean & Bermuda Cruise Aboard Celebrity's "Summit". ~ Date is April 27-May 7, 2012 Depart: TBA ~ Minimum for pricing is 25 passengers. Deposit of \$500 is due immediately along with passport, cruise paperwork completed. Final payment is due January 03, 2012. Cut Off date is November 30, 2011.Travel protection is included with price. Included in your price is Non-stop Airfare to San Juan, 2 nights Hotel Accommodations, Cruise, Cabin, Shipboard Meals, Port Charges, Taxes, Travel protection, Transfers in San Juan, Motor Coach Transportation to Airport and from Cape Liberty, NJ, 1 day in New York City with Guide Service. *Prices: \$1724 Per Person Inside Cabin Cat.10, \$1764 Per Person Inside Cabin Cat. 9 \$1824 Per Person Outside Cabin Cat., \$1884 Per Person Outside Cabin Cat. 6, \$1914 Per Person Outside Cabin Cat. 5, \$2224 Per Person Balcony Cabin Cat. A2, (Prices based on Double Occupancy. Cabin Selection Subject to Availability. **Cabin Location & Availability is on a first-time first-serve basis. Sign-up is NOW.***

Senior Moments Game Day ~ Thursday, January 12, 2012~ Room 310~ FREE ~ light refreshments will be served. **Sign-ups begin December 14th. If you like minute to win it, you will love these games!**

Tracy's Tea House ~ **Colonial Heights, Kingsport** ~ Friday, January 13, 2012 ~ 11:45 am to 2:00 pm. ~ Cost: Free ~ Lunch is on your own. Sign-up begins December 7.

Mental Health Resources for Senior Citizens ~ **Fred Myer, Speaker for N.A.M.I.** ~ Location: Card Room ~ Thursday, January 26, 2012 ~ 12:30 to 1:30 ~ No Cost ~ **Refreshments will be provided.**

Out To Lunch Bunch-Babycakes Cupcakery/Unique Eats ~ **Abington, VA.** ~ Friday, February 10, 10:15am-3:30 pm ~ Lunch is \$8.00 on your own. **Sign-ups begin January 5, 2012.**



Out to Lunch Bunch—Apple Barn Store & Shopping ~ **Sevier, TN** ~ Friday, March 09, 2012~ 10:30am—4:30pm ~ Lunch is \$8.00 on your own. **Sign-ups begin February 03, 2012.**

The Old Mill-Lunch & Shopping At The Old Mill Square ~ **Pigeon Forge, TN** ~ Friday, May 11, 2012, 9am-5:30pm ~ Lunch is \$8.00 on your own at The Old Mill Restaurant ~ **Explore the shops in the square—The Old Mill: General Store, Pigeon River Pottery, Old Mill Creamery, Candy Kitchen and the Toy Bin.** Signups begin April 6, 2012.

Wood carving ~ Thursdays Come check us out!



Your Page

Salsa Dance Class~ Tuesdays & Thursdays

Starting December 10, 2011~1:00 pm~ Room 302

Cost is \$10 for 4 weeks/8 classes

Pay at Sign-up



Library Book Day

Thursday, December 15, 2011

Time: 9-11 am

Table in front of the Senior Center Office

Massage Therapy Appointments

Fridays with Debra Defrieze

30 minute massage \$15.00,

call (423)791-4693

Schedule appointments by calling and pay massage therapist day of appointment.

S.A.L.T. Council Meeting

Location; Cafeteria

December 13, 2011

Meeting starts at 9am

The Sheriff Dept. will be having a

Class on Safety

**Instructor: Teresa Bright with
Comfort Keepers, refreshments will be served**

Yoga and Laughter for Seniors

If you want to stay healthy in your golden years learn yoga and have a good laugh while you are at it.

In this class we are going to learn various types of Yoga - simple and easy Hatha Yoga postures; Pranayam Yoga - Yoga of breath; and

Laughter Yoga - deliberate laughter exercises . Hatha Yoga exercises will help increase the flexibility of the aging body parts and reduce stiffness of joints and muscles. Yoga of breath involves learning simple breathing exercises which strengthen lungs and help in easing headaches and sinus troubles. Laughter Yoga helps in reducing stress and blood pressure related problems. It also helps in improving immune capacity, mental alertness, memory retention and becoming joyful.

Yoga does not have to be difficult to get these above mentioned benefits. Of course, just like any other good things, benefits will be proportionate to the work and time we put in. This course is specially designed for the seniors, especially those with reduced flexibility and suffering from every day aches and pains. You will be able to do many exercises either sitting on a chair or standing. Exercises mat will be used for those who can sit on the floor and want to learn somewhat difficult postures.

Class will meet on Tuesday's

Time: 11:00am

Room: 302

Cost: FREE

Instructor: Dr. Sharmi Mehta

TRAVEL AND SPECIAL EVENTS

PML Travel & Tours ~ Huntsville/Scottsboro, Alabama ~ March 22-24, 2012. In beautiful Huntsville Alabama you can shop at the Bridge Street Town Centre where there's a unique blend of upscale specialty stores as well as your favorites. Visit "Unclaimed Baggage Ctr.", Harrison Brothers Hardware Store & the Book Nook. Have dinner at the Historic Huntsville Depot, tour the depot hearing the rattle of the tracks & the engineer's whistle as you experience life on the rails in 1860. Listen to Andy the robotic ticket agent as he tells of Alabama's railway history. and experience a romantic gondola ride. You will think you are in the heart of Venice, Italy. All this for \$355 Dbl., Triple: \$334, Quad: \$314. Single: \$474. **Sign up ASAP.**



Must have minimum of 30 signed up to go. \$100 deposit due 01/02/12. Balance due by 02/01/12

We are like snow flakes, we are all different, when we lose a loved one our grief is different, at the **Widowed Persons Group** our difference helps us to overcome grief and move on with life.

Come join us at our next meeting
In the Multi-Purpose Room
Thursday, December 15, 2011
5:00 pm

Senior Recreational Social Group

Location: Lounge
Thursday, December 8, 2011
4:30 to 6:30

Cost: Bring a dish to share
No sign-up required

ARTISTS AND CRAFTERS MONTHLY BREAKFAST

3RD TUESDAY EACH MONTH

December 20, 2011

9:30 a.m.

Lynn View Art Gallery
257 Walker Street

Come share ideas, make new friends. Bring a piece of your art or craft to show.

Please call to sign up in advance so we know how much food to order. 423-392-8400



Beginning Photography

Ever wondered how a camera works from the inside out? Here's your chance to learn the basics of your camera and how to take beautiful, memory making pictures!

Claude Kelly will help you navigate your way through your camera and give you helpful easy tips on how to properly use your camera for taking memorable pictures.

This class will meet for 5 sessions, Wednesdays and Fridays, 3:00 - 5:00pm. Beginning January 11—January 27, 2012. Claude will also tell participants how to become a part of the camera club that have field trips for picture taking.

Cost: free

Sign-up begins: December 12th

NEWS TO USE

The Sullivan County Sheriff’s Auxiliary is conducting it’s 10th Annual *Needy Children’s Toy Drive*. Last year they provided Christmas Gifts for 1145 needy children. They have grown every year and expect a larger number of children this year. The only way they can accomplish their goal of making sure every child in our area has a Merry Christmas is through donations & support from our community. They will appreciate any assistance we can render. Please bring your new or gently used toys to the Kingsport Senior Center Office by **Dec. 9**. They can also be dropped off at the Lynn View Community Center (Senior Ctr. office) between the hours of 9 am and 2 pm. Contact Willard Gullin at 335-3811 for more information.

Thank you in advance for your generosity.

A TASTY TREAT FROM MARSHA

CHRISTMAS PARTY BAKED CHICKEN NUGGETS

7-8 Whole chicken breasts, boned
2 cups Italian bread crumbs
1 cup of butter, melted

Cut chicken in 1 1/2 inch pieces. Dip chicken pieces into Butter, then roll for 20 in bread crumbs. Place on baking sheet in a single layer. Bake at 400 degrees for 20 Minutes or until done. Yield: 14-16 appetizer servings.
(I make ahead and freeze, thaw in refrigerator one day. Reheat in 200 degree oven until hot.) Serve with Barbecue sauce, honey or plain.

(Instead of butter, try marinating the chicken in Light Italian Dressing, then dredge in the bread crumbs and bake. Yum,Yum)

Wanted

Someone needs a ride to from Nickelsville to the Senior Citizen Center. For more information, please call the Senior Citizen Center office at 392-8400.

WINTER 2012 Branch Site Class Schedule

Core Conditioning

- Mondays & Wednesdays
- 9:30am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Great for all ages. Gain core strength

Drawing with the Right Side of your Brain

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Beginning drawing class

Lap Swimming

- M-F
- Time: 12:30 - 1:00 pm
- Location: Dobyns-Bennett pool
- No instructor, lap swimming
-

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Mondays
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES.

Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Private Personal training with Tony

- Call for appointment ~ 423-9630653
- Call for Prices
- Instructor: Tony Mays

Artist and Crafters Monthly Breakfast

*See page 7 Travel and Special Events

Strength Training

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Community Center
- Instructor: Chris Hicks

Tai-Chi (Beginning Level)

- Mondays & Wednesdays
- Time: 9:45am - 10:45am
- Location: First Broad Street UMC
- Cost: \$15, pay before first class. Lasts 12 weeks.
- Instructor: Hang Lei
- Ancient Chinese deep breathing exercise
- *Must be a Senior Center member*

Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesdays & Fridays
- Time: 10:45 am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor
- Minimum of 8 students required

Total Body Workout

- Mondays & Wednesdays
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Branch Site
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month/ Beginning October 10th
- Intergenerational/ do not have to be a member to attend couponing group.

Game Day

- 3rd Tuesday of Month (Nov. 15))
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: Nina Ketron
- Sequence and variety of board games

Pickle-ball~ Wednesdays and Thursdays ~ 2pm—3pm ~ Gym



Exercise Room at Lynn View



V.O. Dobbins Community Center



Boys & Girls Club

Kingsport Adult Education

CLASSES BEGIN THE WEEK OF SEPTEMBER 12-16 UNLESS OTHERWISE NOTED.

Kingsport Adult education classes are administered by The Kingsport Senior Center.
For more information or to sign up for a class, please Call 423-392-8400

All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

JOB SKILLS

Beginning Computer Literacy

- 6 Weeks (Beginning October 10th)
- Fee \$70 Mondays 6:00pm - 8:00pm
- Instructor: TBA
- Tuesdays 6:00 - 8:00pm
- Location: Computer Lab, Lynn View CC

2008 National Electric Code (Commercial)

- 8 Weeks (Beginning September 12)
- Fee: \$70
- Mondays 6:00 - 8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

2008 National Electric Code (Residential)

- 8 Weeks (Begins January 23rd)
- Fee \$70
- Mondays 6:00-8:00 p.m.
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

Beginning Heating Ventilation and Air Conditioning Certification Preparation

- 10 Weeks
- Fee: \$165
- Tuesdays 6:00pm - 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center
- There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test.
- Must have a minimum of 5 students, must pre-register.

CULTURAL/ARTS/CRAFTS

Card Making Workshop

- Thursday, November 10th
- 5:30pm
- Instructor: Vicki Patton
- Fee: \$10/includes materials
- Location: Lynn View Community Center

You will make 5 cards and take materials home to make additional 5 cards.

Fly Tying

- 8 weeks
- Tuesdays
- 6:00 p.m. - 8:00 p.m.
- Instructor: Joseph Aimetti
- Fee: \$10 plus supplies
- Supply list available at sign up
- Location: Lynn View Community Center

Learn to tie basic flies used in fly fishing. A more advanced class will be offered in the winter.

Learn how to make Cake Pops

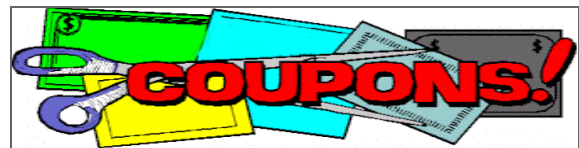
- 2 hour workshop
- Monday
- October 3rd
- 6:00 p.m. - 8:00 p.m.
- Instructor: Holly Ralph, Owner of Sweet Creations
- Location: Renaissance Center
- Fee: \$15
- Minimum of 6 required for class
- Location: Kingsport Senior Center

French

- Saturdays (Begins September 17th)
- Time: 9:00am
- Location: Renaissance Center, Card Rm
- Fee:: \$30, please pay instructor, Fay Saffari

Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Community Center
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month/ Beginning October 10th, 5:30 pm



HEALTH/EXERCISE

Personal Training with Chris or Tony

- Instructor: Chris Hicks /Tony Mays
- Available by the hour or as package
- Contact Chris (423-741-5643) or Tony (423—963-0653)

Beginning Golf

- Thursdays
- 6 weeks
- 5:30 p.m.
- Instructor: Wallace Ketron
- Fee: \$25

Zumba Fitness

6 weeks

- \$25 fee per session
- Instructor: Becky Lifford
- Location: Lynn View Community Center, Cafeteria
- Session 1 Begins September 15
- Session 2 Begins November 3

DANCE CLASSES

Beginning Line Dance

- 8 weeks
- Fee: \$25
- Instructor: Lyna Faye McConnell
- Thursdays, 6:30pm - 7:30pm
- Location: Lynn Garden Community Center

Trail Dance

- 8 week class
- Dates same as Line Dance
- Fee \$25 or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Thursdays, 7:30pm - 8:30pm
- Location: Lynn Garden Community Center

Hula Dance

- 8 week class
- Fee: \$30
- Mondays, 5:30 PM
- Instructor: Tilini Miller
- Location: Renaissance Center



Artisan Gallery Extended Hours

Monday 11-21 , 2:00—7:00 pm

Saturday, 11-26, 10:00—5:00pm

Wednesday, 11-30, 2:00—7:00pm

Friday, 12-2, 2:00—7:00pm

Saturday, 12-3, 10:00—5:00 pm

Wednesday, 12-7, 2:00—7:00pm

Friday, 12-9, 2:00—7:00pm

Saturday, 12-10, 10:00—5:00pm

Wednesday, 12-14, 2:00—7:00pm

Friday, 12-16, 2:00—7:00pm

Saturday, 12-17, 10:00—5:00pm

Monday, 12-19, 2:00 —7:00pm

Wednesday, 12-21, 2:00—7:00pm



Artisan Open House Lynn View Senior Center



Be A Santa to A Senior Present Wrapping Party

Sponsored by Homestead Senior Care

Thursday, December 8, 2011

12:30 pm until 2:00 pm

Location: Card Room

No Cost

Sign-up began November 9, 2011

Note

"Be A Santa to A Senior" tree goes up
November 1 outside the Senior
Center Office.

From the Dancing Corner

December will again be full of exciting opportunities for both dance lovers and music lovers alike. There are three events: the Allandale Christmas Dance on Tuesday, December 6th; the Second Friday Dance at the Rascals Teen Center on December 9th and the New Year's Eve Dance at St. Dominics Parish Life Center on December 31. All three dances are smoke-and-alcohol-free events.

The Allandale Christmas Dance features the band *Retro Rock It*, and is catered by the famed Sugar & Spice caterers. *Kids Our Age* will perform for the Christmas Dance at Rascals and *Big Bang Theory* will be featured at the New Year's Eve Dance at St. Dominics Parish Life Center.

Allandale Dance with Live Music from Retro Rock It

When: Tuesday, December 6, 2011

Time: 6:30 PM—9:30 PM

Where: Allandale Mansion

Cost: \$10. 00, purchase tickets at Kingsport Senior Office.

Tickets limited to 2 per person



Second Friday With Live Music from Kids Our Age

When: Friday, December 9, 2011

Time: 7:00 PM—10:00 PM

Where: Rascals Teen Center
125 Cumberland Street

Cost: \$5 per person. Please bring a covered dish.

New Year's Eve Dance with Live Music from the Big Bang Theory

When: Saturday, December 31, 2011

Time: 8:00 PM—12:30 AM

Where: St. Dominics Parish Life Center
2517 John D Dennis Hwy
Kingsport, TN-

Cost: \$20 per person. For information & Tickets, call 288-2668



KINGSPORT SENIOR CENTER

Winter 2012

Session I

Classes begin the week of
January 2nd
Classes end the week of
April 1st
(Unless otherwise specified)

Computer Classes

Four - Six Week Courses ~ \$25

Two Day Seminars ~ \$15

One Day Seminars ~ \$10

Must sign up in advance of first class.

Payment is due the first day of class.

All classes other than basic require student to have basic computer skills, and have proficient skills in using a mouse , in order to take the class.

Individual help is available for persons with disabilities, in order to learn how to adapt settings on home computers. For more information or to schedule an appointment, call Mary at 392-8433

Basic Computer

6 Class Sessions: January 9 - February 27, 2012
Mondays~ 9:00am - 11:30am
Cost: \$25.00

Internet Basics

4 Class Sessions: February 15—March 7, 2012
Wednesday ~ 9:00PM - 11:30PM
Cost: \$25

Excel

4 Class Sessions - March 14— April 4, 2012
Wednesdays 9:00am - 11:30am
Cost: \$25.00

Generations Online Internet Class

Monday, Wednesdays and Fridays

1:00 PM - 5:00 PM

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you.



SHIP Volunteers and Bill Gatton College of Pharmacy Students help participants with Medicare questions



Winter 2012 Classes

Aerobics

- Monday, Wednesday & Friday (ongoing)
- Time: 8:30am - 9:15am
- Location: Gym
- Low Impact Aerobics

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

Art Class - Painting

- Friday
- Time: 2:00pm - 4:00pm
- Location: Room 303
- Instructor: Ann Thwaites
- All types of media; painting and drawing

Ballroom Dance

- Thursday
- Time: 5:00pm - 6:00pm
- Location: Cafeteria
- Instructors: Walt & Margaret Baumgardner
- Learn to waltz, Polka and cut a rug

Basic Woodworking

- Classes are 6 weeks
- Senior Center Woodshop
- 9 to 11 am
- Tuesdays and Thursdays
- Cost: \$50, materials not included
- Instructor: Howard Osborne
- **Must take safety class, 1st Monday of the month, sign- up in office**

Ballroom Video Class

- Tuesdays
- Time: 4:30pm - 6:30pm
- Room 302
- No instructor, practice to own music

Basketweaving

- Tuesday
- Time: 9:30am - 11:30 am & 12:00pm - 2:00pm
- Location: Room 303
- Instructor: Lynne Bowers

Belly Dance for Beginners (Women Only)

- Thursdays
 - Time: 11:30am
 - Location: Room 302
 - Instructor: Angela Price
- Must have 8 for class to begin.
Please sign up at office.

Belly Dancing - (Women Only)

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

Camera Club

- Please visit website for meeting times
- Instructor: Claude Kelly
 - Website: WWW.scphotogroup.com

Ceramics

- Tuesdays and Thursdays
- Time: 9:00am - 11:30am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- **Please remember your annual \$10 firing fee**

Clay ~ Beginning Throwing

- Wednesdays
- Time: 10:00am - 3:00pm
- Location: Ceramic/Clay Studio
- Instructor: Aleta Chandler
- 12 weeks: \$30, pay in office
- Limited to 8 participants
- **Sign-up begins: Dec 12th**

Clay ~ (Intermediate and Advanced)

- Mondays (10:00am - 3:00pm)
- Location: Ceramics/Clay Studio
- Instructor: Aleta Chandler
- 12 weeks; \$30; pay in office (\$15 if taking both classes)
- Hand building
- **Please remember your annual \$10 firing fee**
- **Sign-up begins: December 12th**

Clogging - (Beginning)

- Thursday
- Time: 10:00am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

Clogging - (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

Winter 2012 Classes Continued

Dulcimer (Beginners)

- Tuesdays
- Time: 11:00am
- Location: Atrium
- Instructor: Peggy Ferrell
- Learn to play this beautiful Instrument

Dulcimer (Intermediate)

- Tuesdays
- Time: 11:00am
- Location: Multipurpose Room
- Instructor: Ruby

Exercise for Everybody

- Tuesdays & Thursdays (ongoing)
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle
- A sit-down aerobics class for Everybody
- Saturdays (begins January)
- Time: 9:00am - 10:00am
- Location: Card Room
- Instructor: Fay Saffari
- \$30.00 paid to instructor

Good Neighbors

- Tuesdays and Thursdays
- Time: 12:15pm
- Location: Lounge
- Staff
- Guest speakers, trips, bingo and fellowship

Happy Day Singers

- Mondays
- Time: 9:45am
- (3rd) Friday
- Time: 10:15am
- Inspirational singing at nursing homes

Jam Session

- Thursdays
- Time: 12:00 noon
- Location: Cafeteria

Karaoke

- 3rd Tuesday
- Time: 4:00 pm
- Location: Cafeteria
- Bring snack to share

Knitting Class

- Monday
- Time: 1:00 - 3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

Learn to speak French

- Saturdays
- Time: 9:00am - 10:00am
- Location: Card Room
- Instructor: Fay Saffari
- \$30.00 paid to instructor

Mini Cardio Exercise Class

- Tuesdays, Thursdays
- Time: 8:45am - 9:15am
- Room: 302
- Instructor: Roger Hixson

Piano Lessons

- Tuesdays & Thursdays
- 8:00am - 11:00am
- \$15 (30 minute lessons)
- pay instructor
- Location: Multipurpose Room
- Instructor: Freda Karsnak
- Call for appt. 423-292-2711

Quilting

- Monday
- Time: 9:00am - 10:30am
- Location: Room 303
- Instructor: Shelia Davis

Renaissance Strings

- Tuesdays
- Time: 10:00am - 11:00am
- Location: Atrium
- Instructors: Lucille Hinke and Jan Fenelon

Spanish (Beginning)

- Fridays (begins January 13th)
- Time:10:00am
- Location: Room 303
- Cost: \$30 plus \$18 for book, pay in-structor
- Minimum of 8 for class, sign up in office
- Instructor: Holanda Holtzclaw

Strength Training

- Monday, Wednesday & Friday (Ongoing)
- Time: 10:15am - 11:00am
- Location: Gym
- Instructor: Terri Farthing
- Strength workout for the whole body

Tai-Chi

- Mondays & Wednesdays
- Time: 8:30am
- Location: Senior center, Room 310
- Instructor: Hang Lei

Woodcarving

- Thursdays
- Time: 9:00am - 12:00 noon
- Location: Room 303
- Learn the art of woodcarving
- Beginners and all skill levels welcome

***Merry
Christmas
and a***



Happy New Year

**Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400**

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